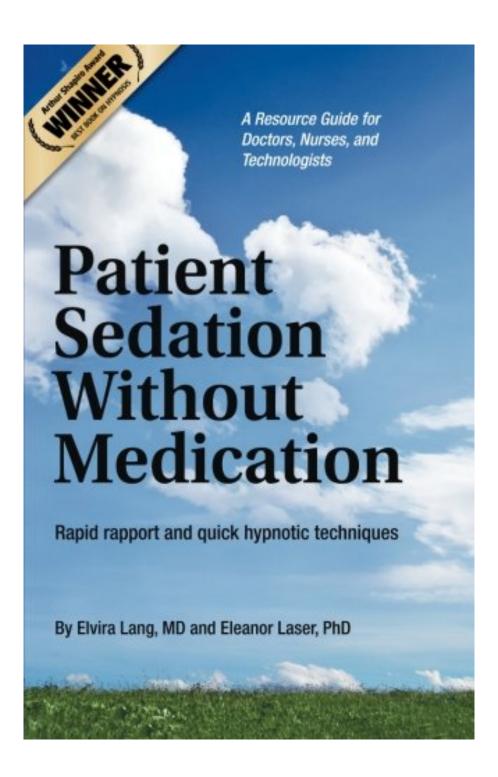


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About the Author

Elvira Lang, MD, FSIR, FSCEH, is a pioneer and leading world expert in the use of hypnosis during medical procedures Her research-based refinement of hypnotic techniques has resulted in greater patient comfort, increased practitioner effectiveness, and improved financial performance. Dr. Lang is Associate Professor of Radiology at Harvard Medical School and creator of Comfort TalkTM: a widely acclaimed innovative method on non-pharmaceutical sedation. She is founder of Hypnalgesics, LLC, which trains medical teams in rapid rapport and quick hypnotic techniques. Dr. Lang is internationally known in the field of interventional radiology; she served as Chief of Interventional Radiology at Beth Israel Deaconess Medical Center/Harvard School of Medicine in Boston from 1998 through 2006. Dr. Lang has trained nurses, doctors and technologists to incorporate procedure hypnosis into medical areas from a variety of disciplines including MRI, breast care, oncology, urology, gastroenterology, diagnostic and interventional radiology, obstetrics, and dentistry. She held faculty appointments and leadership positions at the University of Heidelberg, Stanford University, the University of Iowa Hospital and Clinics, and the Beth Israel Deaconess Medical Center. Dr. Lang takes an active leadership role in the advance of hypnosis in the medical setting; she is past president of the New England Society of Clinical Hypnosis and of the Society of Clinical and Experimental Hypnosis. Eleanor Laser, PhD, is a clinical psychologist with extensive experience in using procedure hypnosis and hypnosis-assisted childbirth to ensure healthy patient outcomes. In addition to her private practice, she works in a number of medical settings. Dr. Laser is widely published, and lectures internationally. She has taught hypnosis techniques to psychologists and medical professionals around the world. Dr. Laser is an Approved Consultant for the American Society of Clinical Hypnosis (ASCH). She has served as trainer at the University of Iowa Hospital and Clinics in the Department of Interventional Radiology. At the Beth Israel Deaconess Medical Center, she partnered with Dr. Lang to develop training programs in rapid rapport and hypnosis adapted to the fast-paced nature of the modern patient encounter.

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The ideas and techniques featured in Patient Sedation Without Medication were conceived and refined in clinical practice. By following the book's step-by-step guidelines, healthcare professionals can help their patients better cope with anxiety and pain when undergoing their procedures; thus enabling patients to either forgo or reduce their needs for medication. Authors Elvira Lang, MD—one of the world's leading experts in procedure hypnosis—and Eleanor Laser, PhD—clinical psychologist and international advocate of procedure hypnosis—drew on extensive controlled research with more than 700 patients, and 17 years of field experience in writing Patient Sedation Without Medication. "Lang and Laser really get it; patients' fears, their helplessness when caught in the midst of medical procedures, and the huge need of patients to be treated with dignity and respect." - Judy Foreman, Nationally Syndicated Health Columnist Winner of the 2010 Arthur Shapiro Award for Best Book on Hypnosis- Patient Sedation Without Medication contains detailed ready-to-use examples, scripts, and authentic case studies to provide practical help for doctors, nurses, medical and radiological technologists, chiropractors, dentists, phlebotomists, physical therapists, and other caregivers. Also, the book will benefit patients who will learn how their well-being can be improved. The book prepares you for instant application of the techniques. In fact, you can begin practicing Patient Sedation Without Meditation techniques just minutes after reading the book!

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6 of 6 people found the following review helpful.

Battle-tested

By Ken Kardash

As an anesthesiologist I was interested in possibly applying hypnosis as an adjunct for pain relief and sedation in patients undergoing surgery. This book appealed to me because of its practicality. It is short, concise and results-oriented. The fact that Dr. Lang developed and refined her approach in the setting of interventional radiology attracted my interest because the time and pressure stakes are comparable to the operating room. Other books on hypnosis I'd seen involved psychotherapy or personal improvement applications, where the subject is already motivated and usually in a more relaxed setting. In fact, I'd assumed that the technique could only work if undertaken under calm conditions in advance. But the approach used here is applied in real time, as the patient is undergoing the actual procedure. That and the fact that the authors offer it to all patients, not just a select sub-group, convinced me that the technique must be effective.

The writing and organization of the book further reassured me that this is a no-nonsense, systematic approach whose results can be objectively measured. Each chapter starts with a short case report that not only illustrates a point, but also the clinical details of which convinced me that the authors have extensive real-life experience dealing with anxious patients! The chapters are bite-sized and clear, consistently evidence-based and referenced, and end with a bullet list summary of key points. In fact, it could be fairly described as a manual for procedural hypnosis, including scripts for induction that can be used verbatim. Of course, as I'm sure the authors would agree, some supplemental training would be highly desirable.

I congratulate the authors on their refreshing pragmatism and offer my five stars.

5 of 5 people found the following review helpful.

This totally changed my view about hypnosis.

By Paul Cohen

This totally changed my view about hypnosis. Previously my idea of it was probably similar to a lot of people's: and would involve images of a magician on stage getting somebody to do something silly for the entertainment of others. Or, one of my friends would go off to be hypnotized by a mysterious character to stop smoking.

But it turns out that medical staff are using hypnotic techniques to provide real benefit to patients undergoing procedures where sedation is either not desirable or not an option.

An example would be an MRI, where a patient has to stay still for a very long time. I've never had an MRI, but had previously thought it might be rather soothing. But what I didn't realize is how long you have to be

in there for, and that it is quite noisy.

The way it's explained is that under hypnosis you enter a state a lot like day-dreaming, or "spacing-out" – which I certainly can relate to. Wouldn't it be great to "space-out" during a long procedure you're not looking forward to? Medical Hypnosis does just that.

In an NIH funded study, patients were offered the option of a "relaxation exercise" before under going the procedure. To keep things consistent, all the healthcare providers used the same standard script devised by a Stanford Psychiatry Professor.

The book contains that script.

As a non-medical person, and a squirmy patient I found it fascinating.

The book tangentially gave me an a-ha moment concerning people who don't make eye contact. I'd always thought they were being rude, but in fact it is just their particular way of listening intently, dictated by their sensory style (sight, sound, touch etc.)

The other a-ha moment concerns building rapport between doctor and patient. And how things small things might affect it.

I have experienced this first hand in my doctor's consulting room.

He is a wonderful doctor, but the layout of the room places him very far away from me; and we are separated by a computer. It all conspires to make me feel rather isolated, and is not an ideal layout for our rapport to flourish.

2 of 3 people found the following review helpful.

Great Book

By Oxcart

This is a great book. I recommend it for teaching to be used as a textbook for learning hypnosis/guided imagery in clinical settings. It reinforces that this isn't neurosurgery and can even be done by use of a script. Great examples and helpful hints to move you along.

You will find this a great addition to your library.

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